

Invitation International seminar:

Friday April 4th, 2014



UNIVERSITÀ
DEGLI STUDI
DI PADOVA

Healthy Active Lives (HeAL)



Keeping the Body in Mind
in Youth with Psychosis

The Healthy Active Lives (HeAL) declaration was developed by an international working group “iphYs”, including clinicians, service users, family members and researchers from over 11 countries. The declaration highlights key challenges and offers solutions to address the physical health issues in young people experiencing psychosis. Standards and targets are recommended with the aim of improving physical health and reducing cardiometabolic risk factors in youth experiencing psychosis.

Achieving these targets will require a commitment for change, particularly in the way we work together with young people who experience psychosis across primary and specialist care, to empower them to enjoy healthy active lives as an essential part of their process

Friday April 4th, 2014

Start: 8.30 A.M.

End: 1.30 P.M.

Location: Sala delle Edicole
Dept. FISPPA, University of
Padua

Address: Piazza Capitaniato 3,
Padua, Italy

Cost: free

**More information about iphYs
and HeAL:** info@iphYs.org.au
or www.iphys.org.au

Program:

8h30- 9h00: Registration and coffee

9h00-9h15: Welcome and Greetings

Prof. Rosario Rizzuto (Director, Department of Biomedical Sciences, University of Padua)

Prof. Carlo Reggiani (Presiden, Human Movement Sciences Courses, University of Padua)

Prof. Paolo Santonastaso (Director of the Psychiatric Clinic, University of Padua)

9h15-9h45: ***The HeAL concept: Initial concept to global declaration: Jackie Curtis (AUS) & David Shiers (UK)***

Dr. Jackie Curtis (Early Psychosis Programme, UNSW, Bondi Sydney, Australia);

Dr. David Shiers (Retired GP; chair of early intervention in psychosis leads network, IRIS)

9h45-10h10: ***Vite Sane e Attive (Healthy Active Lives): The Italian Implementation of HeAL for FEP***
Angelo Cocchi and Anna Meneghelli (ITA)

10h10-10h30: Coffee break

10h30-10h50: ***Cardiometabolic risk in youth with severe mental disorders***, Christoph Correll (USA)

- 10h50-11h10: **Cardiometabolic health in young Australians living with psychosis - when do the problems start?** Cherrie Galletly (AUS)
- 11h10-11h30: **Psychotropic drugs and wellbeing: a difficult relationship?** Giuseppe Borgherini (ITA)
- 11h30-11h50: **Supporting autonomy, competence and social relatedness in order to motivate persons with psychosis to adopt and maintain a healthy lifestyle.**
Davy Vancampfort (BEL)
- 11h50-12h10: **Exercise and psychotic disorders: benefits, barriers and motivational aspects.**
Ilaria Ferri (ITA)
- 12h10-12h30: **Keeping the Body in Mind: Implementing individualised lifestyle interventions in FEP.**
Simon Rosenbaum (AUS)
- 12h30-12h50: **IMPACT - Physical health and substance Use in the first year of Psychosis (PUMP).**
Fiona Gaughran (UK)
- 12h50-13h00: Closing remarks
- 13h00-13h30: Meeting certificates of attendance

Registration:

Registration **free** by sending an email to:

healmeetingpadua@gmail.com

Via Beato Pellegrino 28, Padua, Italy



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Directions:

Regular bus services Venice-Padua:

Line 61, S015_A: Tessera Airport-Padua Bus Station: travel time $\pm 1h05min$.

www.veniceairport.it, Links: FSBUSITALIA (Viaggiare in Veneto, Orari aggiornati, Servizio Extraurbano di Padova)

Regular bus services Treviso-Padua:

Line S060_Z: Treviso Airport-Padua Bus Station: travel time $\pm 1h20min$

www.trevisoairport.it/ www.veniceairport.it, Links: FSBUSITALIA

- From Padua Bus Station to Piazza Capitaniato (weekdays): bus Line1 Circolare (via N. Tommaseo-Piazza dei Signori) travel time $\pm 15min$

By Car:

- www.airservicepadova.it
- www.veniceairport.it/page/servizi/trasporti/rentacar
- www.trevisoairport.it/page/tsf/servizi/trasporti/rentacar

By walking: Piazza Capitaniato is approximately 20min walking from Bus Station/Train station

For more information about transports and hotels contact Ilaria Ferri and Erica Gobbi at the registration address healmeetingpadua@gmail.com

